### Friendship Heights Village Center



# Calendar of Events 2020

M R  $\mathbf{H}$ **SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY** 9:10 a.m.: Yoga 9:30 a.m.: Tai Chi Intro. 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi Ongoing 8:15 a.m.: Walking Club 9:15 a.m.: Drop-In Tai Chi 8:15 a.m.: Walking Club 10:30 a.m.: Balance, 9:30 a.m.-1 p.m.: Coffee 10 a.m.: Great Books 10 a.m.-12 p.m.: Village 10:15 a.m.-1 p.m.: County 10:30 a.m.: Chair Yoga and Playtime 12–4 p.m.: Blood Pressure 12:30 p.m.: Bridge Club and Sunday Papers Mobile Commuter Meditation Movement and Memory 10:30 a.m.: Coffee and Current Events 1 p.m.: Strength Training Store 11 a.m.: Still Life and 6:30 p.m.: Monday Night Bridge Club Screening 2–4 p.m.: Nurse Specialist 10:15 a.m.: Yiddish Bevond 11 a.m.: Chair Exercise 4–5:30p.m.: Spanish 12 p.m.: Chess Group 1 p.m.: Abstract Painting 3–4 p.m.: Tea Conversation 7 p.m.–8:30 p.m.: Writing Your Life Stories 6:30 p.m.: Pilates 1 p.m.: All in the Eyes 1–2:30 p.m.: Friday Fiber 1 p.m.: Book Signing with Willard Berry 5:30 p.m.: Community Advisory Committee Friends 7 p.m.:Movie: Zombieland meeting 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 11:30 a.m.–1 p.m.: Art 9:15 a.m.: Drop-In Tai Chi 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and 10 a.m.: Great Books 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi Ongoing 10 a.m.: Music with 10:30 a.m.: Balance, 12:30 p.m.: Bridge Club 10 a.m.: Community 10:15 a.m.–1 p.m.: County Mobile Commuter Marsha Goodman-1 p.m.: Strength Training Meditation **Conversations:** Memory 10:30 a.m.: Coffee and Current Events 11 a.m.: Still Life and 6:30 p.m.: Monday Night Bridge Club Concerns and Store Reception 12-4 p.m.: Blood Pressure Beyond **Aspirations for 2020** 10:15 a.m.: Yiddish 7:30 p.m.: Friendship Screening 1p.m.: Balance and Fall 4-5:30p.m.: Spanish Election 1 p.m.: Abstract Painting 11 a.m.: Chair Exercise Conversation 7 p.m.–8:30 p.m.: Writing Your Life Stories **Heights Village** 12 p.m.: Chess Group 1–2:30 p.m.: Friday Fiber Prevention **Council Meeting** 1 p.m. Suburban Lec-ture: Managing Back 2-4 p.m.: Nurse Specialist 3-4 p.m.: Express Yourself 7 p.m.: Lecture: 3–4 p.m.: Tea Regenerative 1 p.m.: All in the Eyes 6:30 p.m.: Pilates Medicine 7 p.m.: Concert: Brothers Flanagan 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 9:30 a.m.: Tai Chi Ongoing 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, 8:15 a.m.: Walking Club 9:10 a.m.: Yoga 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club **10:30 a.m.: Tonya's Tots** 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure 10:15 a.m.–1 p.m.: County Mobile Commuter 9:30 a.m.-1 p.m.: Coffee 12-1 p.m.: Lunchtime 11 a.m.: Still Life and Lessons: Great Courses DVD: The 12:30 p.m.: Bridge Club Movement and and Sunday Papers Beyond 1 p.m.: Strength Training 6:30 p.m.: Monday Night Memory 10:30 a.m.: Coffee and Current Events 4-5:30p.m.: Spanish Screening 1 p.m.:Balance and Fall Prevention 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group **Kennedy Center** Conversation 7 p.m.: Movie: Ford v. and Northwest D.C. Bridge Club 1 p.m.: Abstract Painting neighborhoods Ferrari 2-4 p.m.: Nurse Specialist 1 p.m.: All in the Eyes 1–2:30 p.m.: Friday Fiber 3–4 p.m.: Tea 1 p.m.: Making Memo-Friends 6:30 p.m.: Pilates 5:45 p.m.: Depart for ries Brain Game **Capitol Steps** 22 8:15 a.m.: Walking Club
10 a.m.-2 p.m.: MVA
Mobile Office 9:10 a.m.: Yoga 10:15 a.m.-1 p.m.: County 8:15 a.m.: Walking Club 11 a.m.: Still Life and 9:15 a.m.: Drop-In Tai Chi 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi Intro. 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 10 a.m.: Great Books Mobile Commuter 10:30 a.m.: Balance, 12:30 p.m.: Bridge Club Store Beyond Movement and 10:15 a.m.: Yiddish Memory 10:30 a.m.: Coffee and 1 p.m.: Strength Training 10 a.m.-12 p.m.: Village 12 p.m.: Vision Playtime 11 a.m.: Village Book Club 1 p.m.: Balance and Fall 11 a.m.: Chair Exercise 6:30 p.m.: Monday Night Bridge Club **Resources Lunch** 1 p.m.: Chess Group 1 p.m.: All in the Eyes Current Events 1 p.m.: Abstract Painting 1–2:30 p.m.: Friday Fiber Friends and Learn Prevention 12–4 p.m.: Blood Pressure 5:30 p.m.: Program 4-5:30p.m.: Spanish **Advisory Committee** Conversation Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea Meeting 7 p.m.: Book Signing: 7 p.m.: Concert: Friday Morning Music Club Heroes of The Underground 6:30 p.m.: Pilates Railroad in D.C. area 9:30 a.m.: Tai Chi Intro.

9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers

10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 6:30 p.m.: Monday Night Bridge Club

6:30–8:30 p.m.: Mountain Music Jam and Sing-Along 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 12–4 p.m.: Blood Pressure

Screening

1 p.m.: Balance and Fall

Prevention
2–4 p.m.: Nurse Specialist

3–4 p.m.: Tea 6:30 p.m.: Pilates

### Save the date:

Saturday, April 25: Spring Container Garden Workshop
Saturday, May 2: Trip to the Maryland Sheep and Wool Festival

### Shuttle bus hours



Monday through Friday Saturday and Sunday

6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

#### **Village Center Hours**

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m

# Highlighting D.C.'s Art Scene and Northwest Washington Neighborhoods during Lunchtime Lessons DVDs

Bring a bag lunch and learn about the fascinating history and culture of Washington, D.C., on **Saturday, March 21, at 12 p.m.** 

The Great Courses DVD collection offers 30-minute lectures by respected journalists, educators, and experts on a variety of topics.

The DVD program will feature Smithsonian Distinguished Scholar Richard Kurin presenting "The Kennedy Center and the DC Arts Scene" and "Neighborhoods of Northwest D.C."

We'll provide a drink and something sweet. Please call 301-656-2797 to RSVP.